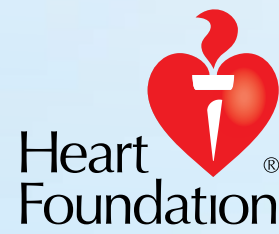


# Walk yourself happy

Heart Foundation Walking



There's a fun, free and easy way  
to feel happy and healthy. It's walking –  
and we're here to help get you started.

Visit [walking.heartfoundation.org.au](http://walking.heartfoundation.org.au) to join a free walking group  
or download the Heart Foundation Walking app to  
walk solo. **Call 13 11 12 for more information.**

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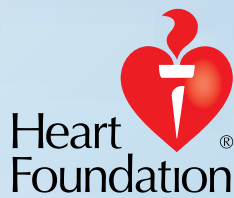


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